

St. James Senior Center

199 N. Third St., San José 95112

Phone: 408-277-4194 Fax: 408-277-4175

Supervisor: Carolyn Mosby Email: carolyn.mosby@sanjoseca.gov

Bus Lines: 22, 23, 64, 66, 72, 73, 82, 180, 304, and

Light Rail - St. James Station

Types of Programs: Fee class, rental, senior programs, senior

nutrition, and special events.

Programs are designed for those age 50+ unless otherwise noted.

St James Senior Center offers a detailed monthly acitivy guide listing all programs and services and includes the nutrition menu. This guide can be obtained by visiting the center. Please refer to page 8 for additional information regarding citywide aging services offered through the Office on Aging.

Senior Nutrition

Nutrition Reservations

The Nutrition Program provides tasty and nutritious hot meals for seniors over 60 years of age. This is a great time to socialize with friends and family as well as meet new friends. Lunch is served Monday through Friday at 12:00 noon and Saturday at 11:30am - please check the detailed monthly activity guide for the daily menu. Each meal provides one-third of the Recommended Daily Allowance for seniors. Occasional workshops are provided on a varitey of topics. The suggested donation for seniors 60+ is \$2.00 and the guest fee for individuals under 60 is \$5.00. Lunch cards are available for \$40 and is good for 21 meals - it's like getting one free! The lunch card can be used at any nutrition site and does not expire until all 21 meals have been used. NOTE: Reservations are not required, but please sign up one-half hour prior to lunch time.

Advisory Council

Advisory Council is a group of volunteers who are responsible for providing input to the center staff on programs and senior issues. If you have ideas on how to improve programs and services at our center, please join us! The St James Senior Advisory Council meets monthly on the second Monday of the month at 1:00pm.

Senior Services

Senior Adult Legal Assistance Free

Free legal advice for adults 60 years of age or older who are residents of Santa Clara County. Half-hour consultations on problems in the areas of Social Security, Supplemental Security Income, Medicare, Medical, in-home supportive services, elder abuse, housing, and long-term care insurance. SALA is at the Center the first and third Friday of each month from 9:30 to 11:30am. Please make an appointment by calling the Center.

Health Insurance Counseling

Free

The Health Insurance Counseling and Advacacy Program promotes awareness and education regarding health insurance issues on Medicare, Medi-Cal, supplemental insurance as well as long-term care insurance. Trained Volunteers from HICAP are at the Center the second and fourth Thursday of each month. Please make an appointment by calling the Center.

Flash Pass \$17.50

Monthly Flash Passes to ride county transit buses are available for those 65 years of age and older or disabled. You will receive a monthly sticker to attach to your VTA photo ID card.

BART Tickets

\$4

BART tickets are \$4 but good for \$16 worth of rides. Tickets are available for those 65 years of age and older.

Senior Drop-in Activities

Ballroom Dance

Monday - Friday 1-3pm

Bridge

\$2

Tuesdays ● 9am-12pm / Fridays ● 9am-12pm Room 7

Billiards

Daily • 9am-4pm Room 2

Chinese Opera

Mondays-Wednesdays ● 9am-3pm / Fridays ● 9am-12pm Room 4

Chinese Chess/Mah Jong

Daily • 9am-4pm Room 3

Chinese Brush Painting/Calligraphy

Chinese Choir

Tuesdays 10:30-11:30am

Chinese Sword Dance

Thursday 1-2pm

Citizenship for Chinese Speakers-Self Help

Mondays • 9-11am Room 6

Coffee/TV Lounge

Daily • 9am-4pm Room 1

Computer Lab

Mondays-Fridays ● 9am-4pm Back Office

ST. JAMES SENIOR CENTER

English for Chinese Speakers-Self Help

Thursdays ● 9-11am Room 6

Haircuts

Monday, Thursday, and Saturday

Jammin' at St. James

Monday 10am-12pm

Jazzercise

Thursday 2-3pm

Karaoke

Thursdays • 1-3pm

Room 4

Table Tennis

Tuesdays, Wednesdays, Fridays • 9am-4pm

Room 5

Saturdays • 10am-2pm

Room 5

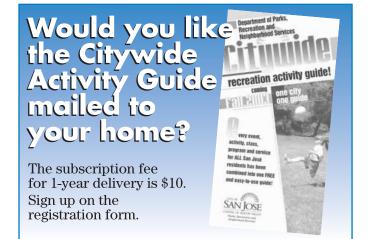
Social Dance Lessons

Mondays • 10:30am-12pm

Room 5

Tai Chi-Chinese

Wednesday 9-10am



Senior Special Events

Lunar New Year

Saturday 1/24

11am-3pm

Vietnamese Cultural Club Celebration

St.James Flea Market

\$10 (per space)

Saturday 1/24 (Weather Permitting)

9am-2pm

Free to the public

Lunar New Year

Friday 2/6

11am-3pm

Chinese Cultural Club Celebration- Box Lunch, Entertainment, &Dance

St. Valentine Day Dance

Free

Wednesday 2/11

1-3pm

Social Dance, Longtime Sweethearts And Newest Sweethearts

Mardi Gras

\$2

Wednesday 2/25

11-12:30pm

Entertainment & Special Lunch

Mardi Gras Dance

\$1

Wednesday 2/25

1-3pm

St.James Flea Market

\$10 (per space)

Saturday 2/28 (Weather Permitting)

9am-2pm

Free to the public

St. Patrick's Day Dance

\$1

Wednesday 3/17

1-3pm

Social Dance- Be sure to wear "Green"

Spring Flower Planting

Free

Monday 3/22 All Day Event

Beautifying the Senior Center

St.James Flea Market

\$10 (per space)

Saturday 3/27 (Weather Permitting)

9am-2pm

Free to the public

Our Mission: To support the livability of neighborhoods, offer opportunities for individuals to enjoy life and strengthen communities of people.